



**What better way to spend just 2 hours on a Sunday morning than feeding the hungry?**

Before you hit the beach, pool, golf course, or what have you, consider donating your time to transfer free -- yes, that's right, FREE -- food from Trader Joe's to the Hingham Food Pantry. It's fun, it's easy, and it's worthwhile.

**We have the following dates still available:**

- October 27
- November 10
- December 15

Please let Adam Rudikoff or Ally Gall know what works for you so we can continue doing our share.

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